CBT Thought Record

Where were you? What were you doing?	
Emotion or feeling (Rate strength 0-100%)	
Negative Automatic Thought (NAT)	
Evidon so that supports the thought	Evidones that does not support the thought
Evidence that supports the thought	Evidence that does <i>not</i> support the thought
Alternative thought	
Emotion or feeling (Rate strength 0-100%)	
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